

MONTHS OF SUFFERING

How a Baltimore Girl Recovered Her Health

Baltimore, Maryland.—"For several months I suffered with severe backache and general weakness. I could not sleep comfortably at night for pains in my back. I found your book at home one day and after reading it began at once to take Lydia E. Pinkham's Vegetable Compound. I have had very good results and some of my girl friends are taking it now. You may use this letter to help other girls, as the letters in your book helped me."—ROSS WADNER, 3013 Roseland Place, Baltimore, Md.

That is the thought so often expressed in letters recommending Lydia E. Pinkham's Vegetable Compound. These women know what they have suffered, they describe their symptoms and state how they were finally made well. Just plain statements, but they want other women to be helped.

Lydia E. Pinkham's Vegetable Compound is a medicine made from medicinal roots and herbs, and without drugs, to relieve the sickness women so often have, which is indicated by backache, weak feelings, nervousness, and no ambition to get anything done or to go anywhere. It has helped many women. Why not try it?

MAN'S BEST AGE

A man is as old as his organs; he can be as vigorous and healthy at 70 as at 35 if he aids his organs in performing their functions. Keep your vital organs healthy with

GOLD MEDAL HARLEM OIL CAPSULES

The world's standard remedy for kidney, liver, bladder and uric acid troubles since 1896; corrects disorders; stimulates vital organs. All druggists, three sizes. Look for the name Gold Medal on every box and accept no imitation.

Piles

are usually due to straining when constipated.

Nujol being a lubricant keeps the food waste soft and therefore prevents straining. Doctors prescribe Nujol because it not only soothes the suffering of piles but relieves the irritation, brings comfort and helps to remove them.

Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol

For Constipation

TO KILL RATS



Always use the genuine

STEARNS' ELECTRIC RAT & ROACH PASTE

It forces these pests to run from the building for water and fresh air.

Ready for Use—Better Than Traps

Directions in 16 languages in every box. 50c and \$1.50. "Money back if it fails." U. S. Government buys it.

for that

COUGH! KEMP'S BALSAM

Pleasant to take Children like it

ITCH!

Money back without question if HUNT'S GUARANTEED SKIN DISEASE REMEDIES (Hunt's Salve and Soap), fail in the treatment of Itch, Eczema, Ringworm, Tetter or other itching skin diseases. Try this treatment at our risk. Sold by all reliable druggists. A. B. Richards Medicine Co., Sherman, Texas.

Jud Tunkins. "A fight," said Jud Tunkins, "in most cases is merely the result of an argument in which two men were trying to reform each other."

A COLD TODAY—DON'T DELAY

AT ALL HOURS, CASCARA QUININE

Cures Colds in 24 Hours Cures Grippe in 3 Days

W. H. HILL CO., DETROIT, MICH.

PREPARATION OF HAY FOR MARKET

Producers Have Suffered Great Losses Because of Use of Improper Methods.

VITAL INFORMATION LACKING

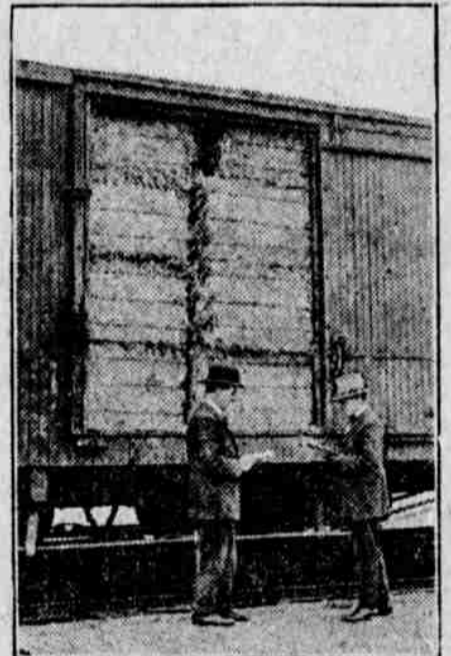
Product That Grades Highest and Brings Prices Is That Having Natural Green Color—Time of Cutting Counts.

(Prepared by the United States Department of Agriculture.)

What to do with low-grade hay has long been a vexing problem to the hay trade. Losses running into the thousands of dollars annually have been suffered by producers because of the difficulty encountered in disposing of hay that is improperly prepared for market, or is of a mixture that causes it to be regarded as of a low grade.

In Department Bulletin 977, "Marketing Hay at Country Points," recently issued by the United States Department of Agriculture, the failure to remedy this situation is ascribed to two chief reasons: The producer and the dealers do not yet agree as to what constitutes quality in hay, and many producers lack vital market information regarding the preparation of hay for terminal and consuming markets.

Color Counts Most. Quality of hay is at present indicated largely by its color, which is used to gauge the stage of maturity at which it is cut. The hay that



Inspecting a Car of Hay.

grades highest, and consequently brings the most money, is usually that having the best natural green color. Hay dealers can often tell from the color whether hay was cut early, medium, or late, and in their opinion the best hay is the early cut hay and the poorest that which was cut late.

The average hay grower, however, in some sections at least, does not agree with the terminal market theory of quality as indicated by color. Many producers prefer medium or late cut hay, especially for horses, because it is easier to cure and not as "waxy" as early cut hay.

In some markets size and weight of bales is an important factor, since there is sometimes a difference of several dollars a ton in the same grade of hay in small or large bales. The reasons for the demand for certain sizes and weights are numerous and not always based on facts, it is said. However, as in many other kinds of trading, it pays the seller to aim to meet the desires of the buyer.

Undesirable Mixtures Cause Loss.

The production of undesirable mixtures for the market will cause a loss to the producer as long as the market does not want mixtures. Certain of these are discriminated against regardless of their true nutritive or feeding value. The producer may know positively that certain mixtures are palatable and contain more total digestible nutrients than the kinds now in greatest demand, yet he is powerless to make feeders realize their value. The introduction and general use of a new kind or mixture of hay is a very slow undertaking, as in the case of clover and alfalfa.

ADVANTAGE OF VELVET BEAN

When Properly Dried It Is Distinct Addition to Protein Concentrates for Cattle.

When properly dried before shipment, velvet bean feed is a distinct addition to the protein concentrates at the disposal of northern feeders. In the opinion of Dr. J. B. Lindsey of Massachusetts station. It has proved slightly better than wheat bran for making milk. It may constitute as high as 40 per cent of the grain ration for cows; but 20 per cent for pigs and horses is considered enough. Doctor Lindsey recommends for cows a ration of 40 per cent velvet bean feed, 40 per cent corn or hominy meal or ground oats and 20 per cent cottonseed meal or some other high-grade protein concentrate.

SWEET POTATO CROP DAMAGED BY WEEVIL

Outline of Successful Measures of Eradication.

Review of Work Done in Florida and Georgia Where Situation Was Worse—Use of Clean Planting Stock Is Urged.

(Prepared by the United States Department of Agriculture.)

A method of rendering negligible the heavy damage that would otherwise be inflicted by the sweet-potato weevil has been found by the United States Department of Agriculture. A review of the work done in Florida and Georgia is contained in department circular 201, bureau of entomology, United States Department of Agriculture. Measures successful in the eradication of the pest in that section are outlined briefly as follows:

The old field should be thoroughly cleaned over at harvest, the vines being fed to stock or burned, and the field hogged over.

The potatoes should be banked as far away as possible from the old field and from the site selected for the next year's potato field.

All potatoes on the farm should be disposed of early.

No potato or plants from the old crop should be used on the farm and no draw-bed should be planted.

Old potato banks should be cleaned as soon as empty.

Only draws from sources known to be free from the weevil should be used.

The Georgia-Florida location was selected for the test because the situation there was serious, the section inland, climatic conditions adverse, and many growers unused to ways of co-operation. No more unfavorable conditions, it was thought, were likely to be encountered anywhere in the country. All these, and other minor difficulties, have been surmounted, however, and the department, in its circular, announces the following conclusions:

"The results of the work offer convincing proof that the same methods, followed with painstaking care, will be successful in eradicating the sweet-potato weevil in almost any infested locality where abundant wild food plants do not offer a fresh and continuing source of new infestation. Careful sorting of the crop, the use of clean planting stock, and an annual change of location for the main planting, even in a continuously infested locality will reduce infestation of the tubers to a practically negligible quantity."

"There is no more reason for allowing a sweet-potato crop to be destroyed annually by weevils than there is for letting the weeds take it, and conscientious neighborhood effort in the application of the principles that have been outlined may free any district from a heavy annual tax."

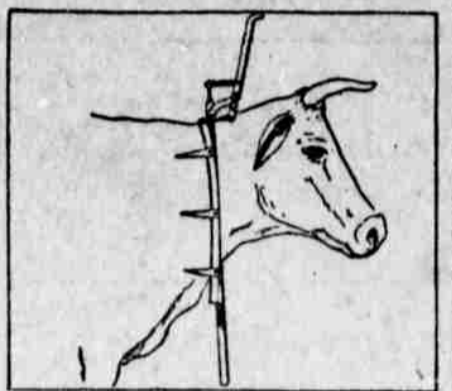
A copy of the circular may be obtained free of charge upon application to the department at Washington, D. C.

SIMPLE AND EFFICIENT POKE

Device Recently Invented to Prevent Animal From Forcing Itself Through Fences.

The Scientific American in illustrating and describing an animal poke, the invention of H. Gerdes of Benkelman, Neb., says:

An object of the invention is the provision of a poke of simple and efficient construction which is formed



Showing the Invention as Applied.

with spurs mounted to automatically engage the neck of an animal when he attempts to force his way through a fence; by means of a lever the spurs are so held that they will not engage the neck of the animal under normal conditions.

PRODUCE HIGH-GRADE SEEDS

Many Farmers Are Not Careful to Prevent Mixture and Keep Out Harmful Weeds.

Even in communities where a single variety of a crop is raised almost exclusively there is a place for the production of pure seed for local sale, says D. W. Frear, extension specialist in field crops for the Missouri College of Agriculture.

Many farmers do not go to the trouble to keep their seed up to a high standard but allow it to become mixed, weed-infested and diseased and are glad to pay a good price every few years for high-grade seed.

Those who are favorably situated can produce pure seed to meet this local demand. Seed produced for this purpose must be of high quality and considerably better than the average in the community, because farmers will not pay an advanced price for seed that is very little better than their own.

Taste is a matter of tobacco quality

We state it as our honest belief that the tobaccos used in Chesterfield are of finer quality (and hence of better taste) than in any other cigarette at the price.

Liggett & Myers Tobacco Co.



Chesterfield CIGARETTES

of Turkish and Domestic tobaccos—blended

Lower Prices

20 now 18c
10 now 9c
(Two 10's—18c)

Candid!

De Style—Did your generalship save your life during the World War? Ex-Soldier—No; good trees.

A Lady of Distinction

Is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores followed by a dusting with Cuticura Talcum powder usually means a clear, sweet, healthy skin.—Advertisement.

Easy Selling.

"He gets along admirably with his wife." "Yes; he gives her everything she wants."—New York Sun.

Little Althea's Prayer.

Little Althea's mother, seeing a growing tendency for the love of dress outweighing more important matters, talked with her about it, with the result that the child ended her prayer that night with: "And, dear Lord, help me to grow up Christian and go without clothes."—Judge.

His Life Ambition.

"You do not pine for riches?" "Not enormous wealth," said the impetuous citizen, "but I'd like to own a private car."

"I would park it in the little town where I was born and wear an air of studied indifference when the natives pointed me out as Bill Smithers' boy, who, the village wisecracks said, never would amount to anything."—Birmingham Age-Herald.

Short, and to the Point.

"I say, Mrs. Subbs," the theoretical head of the house demanded impressively, "did you inform the cook that I find her cooking most unsatisfactory?"

"I did," Mrs. Subbs replied gently. "Yes, of course, since I desired it! And, ah, what did the cook say, pray?"

"She said," Mrs. Subbs reported dutifully, "that so far as she was aware, there were no strings tied to you, and that if you do not like her cooking you are at perfect liberty to take your meals at any restaurant you may select."

Clever Fellow.

"I got off something fine this morning."

"What was that?" "The Mauretania."—Life.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of *W. H. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

To Work Ancient Gold Mine.

Goldfields that have not been worked since the Fifteenth and Sixteenth centuries are to be exploited by the Austrian government. The deposits lie in the Ziller and Lavant valleys on the Tyrol-Salzburg frontiers, and prospecting has given a yield of slightly more than an ounce of gold to the ton.

Protecting Men Against Themselves.

No person can travel north of Fort Smith, in the Canadian Northwest, without the official approval of the Royal Canadian mounted police. To go north of there, the traveler must explain his reasons for going, prove that he has made arrangements for transportation into the country and out and assure the officials that he has a sufficient food supply to last until his return. If he can prove that he is able to travel in the wilds and not starve and that his business is legitimate, he is allowed to go on.—Dearborn Independent.

Surely, Surely Not.

She is a precise school teacher with a perfect abhorrence for poor English and a decided fondness for correcting the grammatical errors of others. And he is a young newspaper reporter into whose hands has recently fallen a correspondent's style book from a newspaper which lays particular emphasis on the misuse of the word "secure."

The other evening he called by telephone to invite her to the theater.

"Have you secured the seats?" she inquired.

"Oh, my, no," was the quick reply. "Surely you're not so heavy as all that."

Ratio of a Prophet.

Jonah considered the conference. "For myself," he announced, "I am willing to scrap one whaleback."

DYED HER BABY'S COAT. A SKIRT AND CURTAINS WITH "DIAMOND DYES"

Each package of "Diamond Dyes" contains directions so simple any woman can dye or tint her old, worn, faded things new. Even if she has never dyed before, she can put a new, rich color into shabby skirts, dresses, waists, coats, stockings, sweaters, coverings, draperies, hangings, everything. Buy Diamond Dyes—no other kind—then perfect home dyeing is guaranteed. Just tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton, or mixed goods. Diamond Dyes never streak, spot, fade or run.—advertisement.

Monarch's Odd Pastime.

The king of Denmark delights in crochet work. At an early age he developed a taste for this sort of work, but as it was regarded by his parents as effeminate he did it secretly. Queen Alexandra possesses a fine shawl made by his hands.

Meteors and Forest Fires.

France has been suffering from forest fires of mysterious origin; the careless cigarette smoker has been blamed, but foresters and some meteorologists now incline to the belief that falling meteors were the cause. In one flame-swept area of a thousand acres were found great meteoric fragments, still hot three days after the fire.—Scientific American.

Those Short Skirts Again.

"You are leaving town?" "For a few days," said the editor of the Chiggleville Clarion. "I'm the victim of an unfortunate typographical error."

"What happened?" "I was commenting on the Christmas shopping crowds and said there was a fine showing of our better halves on Main street yesterday."

"Well?" "Nothing more, except that the printer made it 'calves.'"—Birmingham Age-Herald.

One third of your life is allotted to sleep. Do you get your share?

The most important period in the process of applying nutrition to the repair of the body is while you are asleep. For the most favorable transformation of digested food into nerve and cell tissue, so doctors tell us, sleep is absolutely essential.

Is it any wonder that those who suffer from lack of proper sleep are weak, pale and lacking in energy or ambition?

One of the causes of insomnia is nerve-irritation from tea and coffee drinking. Tea and coffee both contain caffeine, which has a tendency to cause undue stimulation. The irritating effect of caffeine often

results in insomnia, depression, and a weakened nervous system.

You can easily overcome these troubles by drinking Postum instead of tea or coffee. Postum is a delicious, satisfying cereal beverage, and it is absolutely free from caffeine, or any other harmful substance.

Ask your grocer for Postum. Drink this delicious, refreshing beverage for ten days. Then see if you do not feel better and more clear headed, and if you do not sleep better at night—as so many other people have proved for themselves.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.



Postum for Health "There's a Reason"

Made by Postum Cereal Co., Inc., Battle Creek, Mich.